


[DOWNLOAD](#)


## Optimism as a personal resource for coping in demanding situations

By André Matthias Müller

GRIN Verlag Aug 2011, 2011. Taschenbuch. Book Condition: Neu. 211x150x7 mm. This item is printed on demand - Print on Demand Neuware - Seminar paper from the year 2009 in the subject Sport - Sport Sociology, grade: 1,0, Otto-von-Guericke-University Magdeburg (Sportwissenschaft), course: Sportcoaching , language: English, abstract: AbstractObjective: The aim of the present paper is to explain the construct of optimism in relation to coping strategies. Furthermore, we researched about the possibilities to improve situational optimism in a notional case study.Method:Transactional theory of stress and coping by Lazarus (1982) is the initial point of this paper. We explained appraisal and coping processes and pointed out, that optimism is a needful resource to overcome demanding situations. In the following notional case study, with a young wrestler we used the Life Orientation Test (Scheier & Carver, 1994) and the CAVE-Technique to analyze optimism status. Afterwards we generated hermeneutic ideas to improve the given situational optimism status.Results:A four stadium model, including reflection-, confirmation-, implementation- and re-evaluation phase was created to increase situational optimism. With this, it was possible to reach higher control abilities and optimism.Conclusions:Situational optimism is improvable with the help of the given model. Therefore it is important to re-appraise the outcome...



[READ ONLINE](#)

[ 2.64 MB ]

### Reviews

*Great electronic book and useful one. Better than never, though i am quite late in start reading this one. You can expect to like the way the author compose this ebook.*

-- **Matteo Johnson**

*Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication i have got read inside my own lifestyle and might be the very best ebook for possibly.*

-- **Dr. Meta Smith**